

Melon Chiller

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Watermelon, cubes or balls		2 cups		8 cups
Honeydew, cubes or balls		1 cup		4 cups
Kiwi, sliced		1 cup		4 cups
Water, cold		8 cups		32 cups

Directions

1. Place all ingredients in blender.
2. Pour 1 cup servings into glasses to serve as a smoothie or bowls to serve as a cold soup.

Notes

Serving Tips:

Blending fruit to make it a drink gives kids a new way of getting their daily serving of fruits and vegetables. Try different varieties using other fruits.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	23	
Total Fat	NA	
Protein	NA	
Carbohydrates	6 g	
Dietary Fiber	1 g	
Saturated Fat	NA	
Sodium	10 mg	